



Department of the Air Force RESILIENCE

SUPPORTING BOTH OUR AIR AND SPACE FORCES AND FAMILIES



Prevention - #2

Concussion

CONCUSSION/MILD TRAUMATIC BRAIN INJURY (MTBI)

A traumatic brain injury (TBI) is the result of a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. Not all blows or jolts to the head result in a TBI. The severity of such an injury is defined by the symptoms at the time of injury and may range from “mild” (a brief change in mental status or consciousness) to “severe” (an extended period of unconsciousness or amnesia after the injury). The terms “concussion” and “mild TBI” (mTBI) are interchangeable. A TBI classified as moderate or severe can result in short-term or long-term problems with independent function. Most TBIs are mild, and those who sustain them usually recover completely within one to three months.

Signs Wingmen Should Know:

- Headaches.
- Dizziness.
- Excessive fatigue (tiredness).
- Concentration problems.
- Forgetting things (memory problems).
- Irritability.
- Balance problems.
- Vision change.
- Sleep disturbance.

Recommended Wingman Action

- Always practice prevention.
- Be alert for signs/symptoms of mTBI in self and others following a potentially concussive event.
- Seek or recommend medical attention if signs/symptoms are present.

Leadership Considerations

- Emphasize prevention.
- Encourage Airmen to always wear a helmet during activities such as riding a motorcycle or bicycle, horseback riding, contact sports, or other activities with a risk of falling or causing a blow or jolt to the head.
- Encourage Airmen to always use appropriate safety equipment, such as harnesses, when working at heights.
- Advise Airmen to seek medical attention if they have symptoms following a potentially concussive event.